Health Awareness

Staying Well At Work

(NAPSA)—If your job has you sitting at a desk all day, it's important to work at protecting your body against strain and discomfort.

"Often, sitting at a desk isn't viewed as anything that could be harmful," says Dr. Gerard W. Clum, president of Life Chiropractic College West, Hayward, California, and spokesperson for the Foundation for Chiropractic Progress. "But sitting still for long periods and performing repetitive tasks can result in injuries."

Sitting up straight at work could protect you from injury.

The Foundation offers these tips for avoiding neck, shoulder, arm and back pain:

• If you frequently talk on the phone, use a headset that allows your neck to remain in a neutral position.

• Be sure your computer monitor isn't much more than an arm's length away, and sit up straight when you type.

• Take a three-minute walk once an hour.

• Place the mouse pad close to, and at the same level as, the keyboard.

For more information, visit www.f4cp.com.